

Aging & Disability Resource Center of Waukesha County

514 Riverview Ave
Waukesha, WI 53188

Local: 262-548-7848

Toll Free: 866-677-2372

Fax: 262-896-8273

TTY: 7-1-1

Website:

www.waukeshacounty.gov/adrc

**After hours call
IMPACT 2-1-1
211, or toll free
1-866-211-3380**

National Alliance on Mental Illness of Waukesha County (NAMI)

262-524-8886

Veteran's Services

262-548-7732

Moraine Lakes Consortium

888-446-1239

Alzheimer's Association

800-272-3900
(24/7Helpline)

www.alz.org/sewi

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The ADRC Connection



Autism is a complex neurological disorder affecting individuals primarily in the areas of social interaction, communication and behaviors. Autism and its associated behaviors have been estimated to occur in at least 1 in 68 individuals (Centers for Disease Control and Prevention, March, 2014). ASDs begin during early childhood and last throughout a person's life. Autism is referred to as a spectrum disorder — meaning the symptoms can occur in any combination and with varying degrees of severity.

Adolescents and especially adults often have difficulty finding services or even understanding, as many people associate autism only with kids or hold a narrow stereotype of how a person with autism behaves. And even within the autism community, many parents and professionals of people on the spectrum have beliefs and goals that some people with autism might be offended by – and vice versa. In the absence of agreement, what's needed is greater public understanding, courageous self-advocacy and respectful discussion.

To learn more about autism and how it can affect the person who has it:

Research: go to the CDC website to learn more about autism here: <https://www.cdc.gov/ncbddd/autism/index.html>

Read: Check out "The Reason I Jump: The Inner Voice of a Thirteen-Year-Old Boy with Autism" by Noaki Higashida at your local library.

Watch: Temple Grandin, a movie based on the life of Temple Grandin starring Claire Danes. Or tune in to PBS on April 10th, when Sesame Street introduces their brand new Muppet "Julia" who has autism.

Listen: Subscribe to a podcast about autism such as: "All About Autism Podcast" or "The Autism Show"

Support: Attend an local event that funds research, awareness, and education through Friends of Autism <http://www.friendsofautism.org/>

For people diagnosed with autism:

Resources: A Resource Directory is available from the Autism Society of Southeastern Wisconsin. You can call them at 414-988-1260 and request a guide sent directly or download one at: https://www.asew.org/wp-content/uploads/2017/01/RESOURCE-DIRECTORY-2017_v4.pdf

Tech: For a list of apps available for people with autism, check out <https://www.autismspeaks.org/autism-apps>.

Programs: To learn about programs/services available for adults with disabilities or to see if you may be eligible for these programs, contact the ADRC at 262-548-7848.

And the Award Goes to.....ADRC Volunteers!

The Movie industry has the Academy awards or Oscars, the music industry has the Grammy awards and the television industry has the Emmy awards. These award ceremonies are held yearly to recognize outstanding achievement and to give honor and respect to various accomplishments. The ADRC is proud to say that we also hold a yearly event which recognizes the efforts and accomplishments of over 700 ADRC volunteers. This year will mark the 35th annual volunteer recognition event. It will be held on April 23rd at the Country Springs Hotel and Ballroom.



Guest speakers will include Waukesha County Executive Paul Farrow and ADRC Manager Mary Smith. This year's event will focus around an imaginary cruise to the Mediterranean with ports of call to England, France, Italy, Spain and Portugal. Volunteers will view a short video presentation showing various ports of call, engage in tableside travel trivia and be entertained by the Civic Broadway Singers. In keeping with the theme, those attending will have their choice of *Italian* Vegetarian Lasagna or *French* Beef Bordelaise.

It is no coincidence that the volunteer recognition event is being held on April 23rd during National Volunteer Week, which runs from April 23-29 in 2017. During this week, many agencies will recognize and thank their volunteers. The ADRC uses volunteers in a variety of ways from meal service and delivery, office help, guardianship, assisting with Medicare classes and open enrollment, friendly visitors, leading evidenced based programming and more. Together, **their** collective efforts help build a stronger, more vibrant community right here in Waukesha County. **Thank you ADRC volunteers!**

Staying Safe at Tax Time

Every year, unfortunate taxpayers go to file their returns and are shocked to find that someone else has filed a fraudulent one in their name! Sadly, tax fraud has become more widespread and digital communication has opened new ways for it to happen. There are Phishing and Malware schemes, and Identity Theft is used to file false tax returns. There are also Impersonation Scams where criminals impersonate the IRS or tax official, such as a tax advocacy panel or tax preparer. They may say you owe money to the IRS or your state tax department or may represent themselves as a trusted tax authority and request information. This contact can occur through websites, emails, or threatening calls or text messages, that seem official. Sometimes, these scammers request that their victims pay by strange methods like gift cards or pre-paid credit cards. If you do in fact owe tax money to the IRS, you will receive an official bill in the mail first before being contacted by phone or email.



For a quick reference, the [IRS](#) states that these are four things they will never do:

- ask for credit or debit card numbers over the phone;
- call to demand immediate payment using a specific payment method such as a prepaid debit card, gift card or wire transfer;
- threaten to immediately bring in local police or other law-enforcement groups to have you arrested for not paying; demand that you pay taxes without giving you the opportunity to question or appeal the amount they say you owe.

Seeking and reporting scams:

The IRS encourages taxpayers to send suspicious emails related to tax fraud to its phishing@irs.gov email account. Other forms of tax fraud can be reported at <https://www.irs.gov/businesses/small-businesses-self-employed/tax-scams-how-to-report-them>. If you suspect that you have been a victim of fraud or identity theft, the Federal Trade Commission site at <https://www.identitytheft.gov/> provides a step-by-step recovery plan and assistance in taking action. If you believe you someone has used your social security number to fraudulently submit a tax return, you can also call the IRS at 800-908-4490.

Don't fall victim to tax scams. Remember — if it sounds too good to be true, it probably is.

Stay safe out there!

The Joy of Caregiving

An uplifting series for family caregivers



The Aging and Disability Resource Center (ADRC) of Waukesha County, in partnership with the Caregiver Coalition of Waukesha County, presents a **FREE** monthly speakers' series for caregivers. Sessions will be held at different locations throughout the county. Each session will take place from 9:30am – 11:30am. **Pre-registration is highly encouraged** as seating may be limited.

With advance notice, off-site respite care may also be available for your loved one. Please mention the need for respite care at the time of registration. Please register no later than one week prior to each event to reserve a seat. **To register to attend and to request respite, please contact the ADRC 262-548-7848.**

This session intended for caregivers only



Tuesday, April 4th, 2017 at Three Pillars Senior Community,
375 State Rd. 67, Dousman, WI 53118

Sr. Marianne Muscott from the St. Ann Center for Intergenerational Care presents "Time to Reflect on the Joy, Gift, and Challenge of Caregiving".

This session intended for caregivers only



Tuesday, May 2nd, 2017 at Dickson Hollow Senior Living,
W156N4881 Pilgrim Road, Menomonee Falls, WI 53051

Beth Boeck from The Healing Space on Main in Menomonee Falls presents "Laughter Yoga", helping you to increase your energy and overall well-being, while decreasing depression and stress.

This session intended for caregivers and their care recipients



Tuesday, June 6th, 2017 at Elmbrook Church,
777 S. Barker Road, Brookfield, WI 53045

Dawn Kocaja, Accessibility Coordinator from the Milwaukee Public Museum.
Topic to be announced soon!

The ADRC of Waukesha County
extends its gratitude to our Caregiver
Coalition community partners for
helping to make this series possible!



The ABC's of why people call 800.272.3900

A– activities, adult day centers, agitation
B– bathing, behavioral changes, basic information
C– caregiver stress, communication tips, clinical trials
D– driving, depression & diagnosis (how and when)
E– education, early stage, elder law, eating issues
F– financial planning, feelings, Frontal-temporal degeneration
G– guardianship, genetic testing, grief
H– healthcare power of attorney, holidays, hospice

Care Consultations

Have questions or concerns about Alzheimer's disease or related dementias? We are here to assist you in your journey. Whether you are a person with memory loss or a caregiver, we can provide the help you need.

Please call 262.548.7848 to schedule an appointment.

Location: Aging and Disability Resource Center of Waukesha County, 514 Riverview Avenue, Waukesha.

Wednesdays: March 22, April 26, May 24, June 28, July 26, August 23, September 27, October 25 and November 22.

Times: 1:00—2:00 and 2:30—3:30

Services provided at no cost

Or call the Alzheimer's Association
24/7 Helpline at 800.272.3900
for immediate assistance.

April Alzheimer's Programs

Healthy Living for Your Brain and Body

~ Free program for individuals concerned about brain health and wellness

Wednesday, April 5th

2:00-3:30 p.m.

Mukwonago Public Library

511 Division Street, Mukwonago, 53149

Registration not required

Memory Loss, Dementia and Alzheimer's Disease

~ Free program for individuals concerned about or caring for persons with memory loss

Tuesday, April 25, 2017

1:00-2:30 p.m.

Pewaukee City Hall

W240 N3065 Pewaukee Road, Pewaukee, 53072

Call Pewaukee Park and Rec to register:

262.691.7275

Healthy Living for Your Brain and Body

~ Free program for individuals concerned about brain health and wellness

Tuesday, April 25th

5:00-7:00 p.m.

Waukesha Memorial Hospital

725 American Avenue, Waukesha, 53188

Call ProHealth class registration service to register:

262.928.2745



“The humanity, the kindness, the compassion...I want to tell other people about this.”

Patients are important to St. Joseph's Medical Clinic and we are proud of every individual at our clinic! St. Joseph's Medical Clinic is a free clinic assisting uninsured, underinsured and/or low-income individuals and families who reside, work or attend higher education in the Waukesha County community. We welcome the opportunity to provide you with healthcare services.

This year we celebrate 40 years of providing successful programs to our friends and neighbors in Waukesha County. We offer compassionate and quality primary care, labs & diagnostic testing, medications, physical exams and health education. We are here to help you achieve your health goals. Some of the many services we provide include:

- ✓ A Homeless Outreach program, which provides nursing support to those who are either homeless or on the brink of homelessness.
- ✓ A Latino Health Outreach program. Some on-site staff and volunteers are Spanish-speaking, are culturally-sensitive and able to help with medical care.
- ✓ Monthly Women's Health Clinic to help women of all ages with preventive and routine medical services.
- ✓ Monthly podiatry to address individual's foot health including the special needs of diabetics. Exams, treatment, education, and referrals for follow-up are provided.
- ✓ Some Behavioral Health services and referrals to programs in the community.
- ✓ Monthly physical therapy provides assessment and recommendations to improve mobility and manage pain.
- ✓ Assistance with food items in collaboration with the Food Pantry of Waukesha County.

St. Joseph's Medical Clinic is growing! In 2016, we opened a second location at 210 NW Barstow Street in Waukesha. Our walk-in clinic is held on Mondays from 5pm – 9pm at the Barstow location. Our home location is at 826 N. East Ave. in Waukesha. The Wednesday morning clinic from 9am – 12pm and Thursday evening clinic from 5pm – 9pm are at the East Ave. location and are by appointment only. To make an appointment, please call 262-544-6777. Patients will be registered and asked questions about their household and income.

Please visit us at www.sjmdc.net. Like us on Facebook!

Jessica Osenbrügge
Executive Director
St. Joseph's Medical Clinic



ST. JOSEPH'S
medical clinic, inc.



Last call to apply for Energy Assistance this season!

Energy assistance is available to help households with their energy bills. Deadline to submit applications is May 15th. Gross income below \$2,181/month for a household size of one or a household of two under \$2,852/month may qualify for assistance. Call energy assistance at 262-549-9666 Monday- Friday from 8:30am-5pm for information and to request an application.



Evidence Based Health Promotion Program

[Living Life Well with Chronic Conditions](#) is our featured program for the month of April.

Nobody wants to have a chronic or lifelong condition but the sad fact is that most of us will experience the effects of these conditions on our lives in one way or the other. Living “Life” Well is a 6 -week program designed to help both adults living with a chronic condition and those who live with someone experiencing these conditions. Together we explore ways practical methods to deal with the complications that arise when living with ongoing health conditions. Healthy eating, positive thinking, communication skills, action planning, and problem solving are a few of the tools we learn to help us manage our condition and maintain healthy active lives.

You will feel better, be in control and do the things YOU want to do.

Interested? Join us for the next Living Life Well with Chronic Conditions workshop!

It begins May 3rd from 11:00am– 1:30pm at the

Aurora Medical Center Summit

36500 Aurora Drive, Gifford Meeting Room in Summit, WI.

To register for this FREE workshop, call 888-865-5502

Whoop it Away!

If you’ve ever heard the “whooping” sound of someone afflicted with Whooping Cough, or Pertussis, you may already know how it can be a problematic disease. We often think of babies and kids being more prone to these kinds of diseases, but adults can be susceptible as well.

Pertussis is a serious contagious disease caused by bacteria, and is spread through the air by coughing and sneezing. It is commonly referred to as “Whooping Cough” because of the “whoop” that is heard when a person who has it gasps for breath.

So- how can you protect yourself from this? Adults (and Grandparents!) need to get the **Tdap** vaccine to protect themselves and their friends, family, children or grandchildren with who they may be in contact.

Why not get your Tdap vaccine today? If you have any questions regarding Pertussis or the Tdap vaccine, call our Public Health Center at (262) 896-8430.

Be well!



What's happening at your local library?

The Waukesha County public libraries offer a wide variety of programs and activities. Most are free and open to all, even if you don't have a library card or you live in a different town. If you *do* have a library card, you can use it at any library in Waukesha or Jefferson counties! If you have any questions, please contact Jill Fuller at 262-896-8085 or jfuller@bridgeslibrarysystem.org.



Alice Baker Public Library

**W230 S9185 Nevins St
Big Bend, WI 53103
(262) 662-3571**

Solve Your Printed Photo Problems.

Thursday, April 20 at 6:00-8:00 p.m.

Brookfield Public Library

**Brookfield City Hall
2000 N. Calhoun Rd
Brookfield, WI 53005
(262) 782-9650**

Medieval Read It and Eat: A Connecticut Yankee in King Arthur's Court.

Tues., April 18 at 6:00-8:00 p.m. Registration required.

Delafield Public Library

**500 Genesee St.
Delafield, WI 53018
(262) 646-6230**

Senior Moments: DIY Sun Catchers.

Wednesday, April 12 at 1:00-2:00 p.m. Registration is required.

Elm Grove Public Library

**13600 Juneau Blvd
Elm Grove WI 53122(262)
782-6700**

Talkin' Baseball (with Tim O'Driscoll, Milwaukee Brewers Scorekeeper). Tuesday, April 11 at 7:00 p.m.

Hartland Public Library

**110 E Park Ave,
Hartland, WI 53029
(262) 367-3350**

Library Memory Project: A Visit from Hartland Elementary class. Friday, April 7 at 10:30 a.m.-12:00 p.m.

**Spring into
your
local library**

New Berlin Public Library

**15105 W. Library Lane New
Berlin, WI 53151 (262) 785-4980**

Starting Out With Succulents. Sat., April 22 at 10:00 -11:00 a.m.

North Lake's Town Hall Library

**N76 W31429 Hwy. VV
North Lake, WI 53064
(262) 966-2933**

Sip n' Swipe Tablet Training for Seniors.

Every Monday at 1:00-2:30 p.m. Please register.

Pewaukee Public Library

**210 Main St
Pewaukee, WI 53072
(262) 691-5670**

Free Memory Screenings. Wednesday, April 12 at 10:00 a.m.-2:00 p.m. Registration is required; please call the ADRC at 262-548-7848.

Sussex's Pauline Haass Public Library

**N64 W23820 Main St
Sussex, WI 53089
262-246-5180**

The Presidents Are Expecting You: A Tour of Presidential Libraries and Museums. Thursday, April 27 at 7:00-8:00 p.m.

Waukesha Public Library

**321 W Wisconsin Ave
Waukesha, WI 53186
(262) 524-3680**

Edible Book Festival. Saturday April 8 at 1:00-4:30 p.m.

Part-time Paid Opportunities for Older Workers

Are you age 55 or older, with a limited income, or unemployed looking for work? Wisconsin Senior Employment (WISE) may have the right opportunity for you. Upgrade your skills while helping your community. Clerical, Customer Service, and Custodian openings in Waukesha County.

Call for details: 920-469-8858 or email: darice.hannon@gwaar.org. SCSEP guidelines apply.



April is Sexual Assault Awareness Month

Sexual violence is a very serious public health problem that affects millions of women and men. In the United States, 1 in 5 women and 1 in 59 men have experienced rape or attempted rape. Most victims first experienced sexual violence before age 25.

What is sexual violence? Sexual violence is any type of unwanted sexual contact. This can include words and/or actions of a sexual nature against a person's will and without their consent. Consent is voluntary, mutual, and can be withdrawn at any time. Reasons someone might not consent include fear, age, illness, disability, and/or influence of alcohol or other drugs. A person may use force, threats, manipulation, or coercion to commit sexual violence. Anyone can experience sexual violence including children, teens, adults, and elders. Those who sexually abuse can be acquaintances, family members, trusted individuals, or strangers.

Victims are never at fault. It doesn't matter what someone is wearing or how they are acting; victims are never to blame. An absence of injuries to the victim does not indicate consent.

Sexual violence impacts health in many ways and can lead to long-term physical and mental health problems. For example, victims may experience chronic pain, headaches, or sexually transmitted diseases. They are often fearful or anxious and may have problems trusting others. Anger and stress can lead to eating disorders, depression, and even suicidal thoughts.

Sexual violence is preventable. We can all help create a culture of empathy, respect, and equity. Prevention starts with challenging victim-blaming and believing survivors when they disclose. In your personal life, you can model supportive relationships and behaviors and speak up when you hear sexist, racist, transphobic, or homophobic comments. Each of us is essential in challenging harmful attitudes and the societal acceptance of rape.

If you are or someone you know is a victim of sexual violence:

- For local assistance, contact The Waukesha Women's Center, Inc's 24 hour hotline: 262-542-3828
- Contact the Rape, Abuse, and Incest National Network (RAINN) hotline at 1-800-656-HOPE. Help is free, confidential, and available 24/7. Get information at [RAINN](http://RAINN.org).
- For more information, visit the National Sexual Violence Resource Center at www.nsvrc.org
- Contact your local emergency services at 9-1-1.

Information for this article was taken from the CDC.gov website and nsvrc.org



PUBLIC HEARING ANNOUNCEMENT

Waukesha County Health & Human Services Board will hold a Public Hearing on Thursday April 6, 2017 at 7:00 PM in the Health & Human Services Building, Public Health Department, 514 Riverview Ave, Waukesha 53188. Interested persons will have the opportunity to comment on the quality of health and human services programs, unmet needs and improvements that could be made in the current system of Health & Human Services in Waukesha County. It will be helpful for speakers to prepare a written statement for the HHS Board Chair.

If you are unable to attend the Hearing, written comments may be submitted to Donna Ferguson, Public Hearing Coordinator, Waukesha County Department of Health & Human Services, 514 Riverview Ave, Waukesha WI 53188 by April 6, 2017. To view the entire Public Hearing Announcement, visit

<http://agendas.waukeshacounty.gov/Committee/61/pdf/9686.pdf>

From the Desk of Your Benefit Specialist

Low Income Taxpayer Clinic (LITC)

The Low Income Taxpayer Clinic provides free help to low-income taxpayers from any Wisconsin county on these IRS tax matters:

- IRS Audits and Examination
- IRS Appeals
- IRS Collection
- Earned Income Credit
- Filing Status & Dependents
- Innocent Spouse Status
- Independent Contractor/Employee

LITC does *not* assist in any criminal tax matters, any tax return preparation, or state tax matters. The LITC does not answer any tax questions over the phone.

Case Acceptance & Eligibility

Case acceptance is based on:

- the amount of disputed tax
- staff availability and caseload
- the taxpayer's income

Generally, a person is considered eligible for LITC if they make less than indicated in this chart:

<i>Family Size</i>	<i>Gross Income Ceiling</i>
1	\$29,425/year
2	\$39,825/year
3	\$50,225/year
4	\$60,625/year
5	\$71,025/year

For help with IRS tax matters:

Call 414-274-3400 or (toll free) 855-502-2468

Leave a message with your name and a daytime phone number. An LITC staff person will call you to schedule an appointment.

Bring the following to your appointment: any tax bills or letters from the IRS; any letters that you've written to the IRS; and any tax returns that are part of your tax problem.

Wisconsin DATCP Publishes Top Ten Consumer Complaints for 2016

Wisconsin Department of Agriculture, Trade and Consumer Protection received almost 11,000 consumer complaints in 2016. The following are the Top Ten complaints:

1. Telemarketing	3,685 complaints
2. Landlord/Tenant	1,121 complaints
3. Telecommunications	698 complaints
4. Identity Theft	431 complaints
5. Home Improvement	383 complaints
6. Gas Pump Accuracy	266 complaints
7. Motor Vehicle Repair	200 complaints
8. Motor Vehicle Sales	173 complaints
9. Computer and Equipment	152 complaints
10. Warranties	138 complaints

The DATCP article noted that the number of telemarketing complaints increased about 45% from 2015. Scam calls pretending to be from the U.S. Treasury or the IRS accounted for the most reported complaints. DATCP noted that there was an approximately 48% decrease in the number of identity theft complaints from 2015 to 2016. To report a scam, call the Consumer Protection Bureau Hotline at 800-422-7128.

Welcome to Medicare Class

The Aging and Disability Resource Center of Waukesha County hosts 'Welcome to Medicare' classes on the second Wednesday of each month either 1pm-3pm or 5:30pm-7:30pm. Topics covered will be the basic parts of Medicare (A, B, C, D) and how they work. Information will be provided on how to enroll, available insurance options, and the drug coverage requirement. Lower income benefit programs will also be reviewed. It is suggested that you attend one class 2-3 months prior to starting Medicare. The class is located at the Health and Human Services Building at 514 Riverview Avenue. To register for this free class or for more information, please contact the ADRC at 262-548-7848. You can also register online at:

<http://www.waukeshacounty.gov/ElderBenefitSpecialistProgram/>

Turning 65?
Need Medicare?

WAUKESHA COUNTY SENIOR DINING CENTERS

Brookfield 782-1636 – Virginia Brookfield Community Center 2000 North Calhoun Road Monday thru Friday at 12:00	Butler 783-5506 – Pam Hampton Regency Apartments 12999 West Hampton Avenue Monday thru Friday at 11:45	Hartland 367-5689 –Peggy Breezewood Village Apartments 400 Sunnyslope Drive Monday, Wednesday, Friday at 12:00
Menomonee Falls 251-3406 —Diane Menomonee Falls Community Center W152 N8645 Margaret Road Monday thru Friday at 12:00	Mukwonago 363-4458 - Anna Birchrock Apartments 280 Birchrock Way Monday thru Thursday at 12:00	Muskego 414-422-0420 –Jack Stoney Creek Adult Community S69 W14142 Tess Corners Drive Monday, Wednesday, Friday at 11:45
New Berlin 784-7877 – Betty National Regency Retirement Community 13750 West National Avenue Monday thru Friday at 12:00	Oconomowoc 567-5177 – Lisa Oconomowoc Community Center 220 West Wisconsin Avenue Monday thru Friday at 12:00	Sussex 246-6747 –Nick Sussex Civic Campus N64 W23760 Main Street Monday thru Friday at 12:00
Waukesha 547-8282 – Lucille La Casa Village 1431 Big Bend Road Monday thru Friday at 12:00	Eligibility: Persons 60 years and older For reservations, call the dining center manager between 9:30 am- 12:00 pm, one working day in advance, or the ADRC at (262) 548-7826. Transportation may be available by taxi or Rideline for \$1.00 each way.	

Waukesha County senior dining centers have more to offer to keep you healthy. Most centers offer blood pressure checks once a month, and some of them have foot care available. Blood pressure checks are done free of charge and are done by trained/experienced volunteers. Foot care or toe nail trimming is offered by professionals that come to the various sites, but there is a fee for foot care. The fees are different at each site based on what services are offered.

The Muskego Senior Dining Center has moved!



As of Wednesday, March 29th,
you can find the gang at

Stoney Creek Adult Community
 S69 W14142 Tess Corners Drive
 Muskego, WI 53150

For senior dining, please call Jack at 414-422-0420
 For Meals on Wheels, please call 262-548-7826



Strawberry Spinach Salad with Pecans and Raspberry Poppy Seed Dressing

1 package (10 ounces) fresh baby spinach
 1/2 cup coarsely chopped pecans

1 pint fresh strawberries, sliced
 Feta Cheese—optional

Dressing:

1/3 C Red Wine Vinegar 1 tsp. Salt 1/4 C Splenda
 1 1/2 tsp. Minced Onion 1/2 tsp. Dry Mustard

Mix the above and to that add
 3/4 C Vegetable Oil and 1 1/2 Tbl. Poppy Seeds
 Mix or shake until well blended



Toss spinach, strawberries and pecans in a large salad bowl. Serve with dressing. About 8 servings

AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY

SENIOR DINING AND HOME DELIVERED MENU April 2017

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Grilled Chicken Sandwich on Kaiser w/Lettuce & Mayo Potato Salad Vegetable Pasta Salad Cinnamon Applesauce Chocolate Cake Alt. Plain Cake	Cranberry Glazed Pork Loin Spätzle w/ Pork Gravy Sweet & Sour Red Cabbage Rye Bread / Butter Apple Pie Alt. Apple Slices 	Meatloaf w/ Onion Gravy Mashed Potatoes w/ gravy Peas Italian Bread / Butter Fruit Salad	Ring Bologna Ketchup / Mustard Buttered Red Potatoes Carrot Coins Peach Half Wheat Bread / Butter	Crab Pasta Salad Tomato / Onion Salad Bran Muffin / Butter Fruit Cocktail Chocolate Pudding Alt. Diet Pudding
10	11	12	13	14
Breakfast Omelet Sausage Patty Cheese Slice Diced Potatoes w/ Green Peppers & Onions Fresh Orange Wheat bread / butter	Sweet & Sour Chicken w/ Pineapple, Green Peppers and Onions Brown Rice Broccoli Pineapple Tidbits Almond Cookie Alt. Sugar Free Cookie	Oven Roasted Turkey w/ gravy Herbed Stuffing Green Bean Casserole Dinner Roll / Butter Mandarin Oranges 	St. Louis Style BBQ Pork Steak Baked Baby Reds w/ butter Coleslaw Pear Half Crusty Roll / Butter Peach Cobbler Alt. Fresh Fruit	Ham & Cheese on Kaiser w/ Lettuce, Tomato, mayo & mustard Marinated Vegetable Salad Potato Salad Rice Krispies Treat Alt. Fresh Fruit
17	18	19	20	21
Oven Roasted Pork Au Gratin Potatoes Green Beans Almandine Rye Bread w/ butter Raspberry Sherbet Alt. Peach Slices	Pub Burger on Onion Roll w/ Fried Onions and Provolone Ketchup / Mustard Double Baked Potato Casserole Honey Glazed Carrots Banana	National Garlic Day Lemon Garlic Chicken Breast Garlic Mashed Potatoes Garlic Bread Wisconsin Blend Vegetable Fresh Fruit 	Pork Chop Suey Seasoned Brown Rice Spinach Salad Raspberry Dressing Dinner Roll w/ butter Ambrosia Fruit Cup Alt. Fresh Orange	Earth Day Celebration Three Bean Vegetarian Chili w/ onions and crackers Marinated Vegetable Salad 7-grain bread / butter Cranberry Compote
24	25	26	27	28
Pizza Casserole Tossed Salad w/ Golden Italian Dressing Warm Breadstick w/ Butter Seasonal Fresh Fruit 	Chicken Cordon Bleu Baked Potato Sour Cream and butter 5-way Mixed Vegetables Rye Dinner Roll w/ butter Pineapple Tidbits	Brewers vs Reds Cincinnati Chili over Spaghetti, Topped w/ Cheddar Cheese Romaine Salad w/ French Dressing Pretzel Roll w/ Butter Pineapple Wedge Ice Cream Alt. Sugar Free Ice Cream	Chicken Salad on Lettuce Leaf Marinated Tomato and Onion Salad Croissant Sun Chips Fresh Melon 	Boneless Pork Loin w/Gravy Mashed Red Potatoes w/ gravy Sweet&Sour Cabbage Marble Rye Bread w/ butter Carrot Cake w/Cream Cheese Icing Alt. Grapes

PLEASE NOTE: MENU MAY BE SUBJECT TO CHANGE.
1% MILK INCLUDED **ALT= LOW SUGAR ALTERNATIVE**

Ask Ina

Dear Ina,

My neighbor gets a box of vegetables every week from a “CSA”. What does CSA stand for, and how does it work?

“Leif E. Green”



Dear Mr. Green,

CSA stands for Community Supported Agriculture, and it provides access to fresh produce grown by regional farmers. Households become members, or “shareholders” of the farm and receive weekly or bi-weekly deliveries of locally grown fruits, herbs and vegetables. Farms offer a variety of share options including extended season shares, multiple share sizes, and special payment plans to accommodate household budgets. In addition to produce, some CSA services may include other farm products like honey, eggs, meat, and even flowers.

The partnership allows farms and consumers to share the risks and benefits of food production. Households pay for an entire season of produce upfront, typically around \$450 - \$650. In return, they receive seasonal freshly picked produce, conveniently packaged and delivered to a drop off site in their neighborhood.

Most farms write newsletters or blogs to keep their members connected to life on the farm and provide recipes using the contents of the weekly deliveries. For more information about CSAs, visit the FairShare CSA Coalition online at www.csacoalition.org. You can also contact (608) 226-0300 for more information. You can find a list of participating farms serving the Waukesha area, as well as information about their programs aimed at making them affordable for everyone.

Green Power Garden

A true grassroots community effort here in Waukesha, the Green Power Garden is a project which relies solely on donations and volunteers, in an effort to grow fresh vegetables for those in need right here in the community. Since beginning in 2012, more than 25,000 pounds of food has been harvested from the garden, with nearly 3,500 of those having been harvested in 2016 alone! As a program of the Hope Center <http://www.hopecenterwi.org/> all of the produce grown at the garden helps to supplement the daily meal program offered at the center, whose aim is to prevent homelessness and help the impoverished with basic needs.

Green Power Garden consists of more than four acres and is located on the southern outskirts of the city of Waukesha. The garden is planted, tended to, and harvested by very passionate volunteers under the direction and guidance of dedicated Master Gardener Volunteer, Molly Llanas. The landowner, Larry Spleas, has very generously donated the use of his land for this purpose. In addition, Larry also supports the garden by keeping the area mowed and tilled for the safety of the volunteers who help to keep this project afloat. Volunteers of all skill levels, from all walks of life, have visited the garden each season. Recent volunteers have ranged in age from 2 years old to 92 years young, and all have been vital in keeping this garden running.

As one of the few UW Extension-approved vegetable gardens in the area, part of the mission of this site is to help inform people about where their food comes from and to give them an opportunity to “get their hands dirty” while giving back to the community.

For further information about this garden, please visit their Facebook page “Green Power Garden, Waukesha” or contact Molly Llanas at 262-951-6686.



Egg-cellent Facts About Eggs

It's that time of year again where the earth slowly awakens from a long winter slumber. The grass starts to green and the flowers cautiously open their faces to the sun. It's time for Easter bunnies and egg hunts, family gatherings and brunches. Most Easter celebrations wouldn't be complete without a bowl of brightly colored eggs. However, they're not just pretty to look at; behind those brightly colored shells is a good source of many nutrients.

Take a look below at some of the great benefits eggs give to us!

Eggs contain antioxidants that are beneficial for eye health!

Eggs are extremely satisfying at only 78 calories; helping to curb hunger.

Eggs have Omega-3 fatty acids that help maintain brain and eye health.

Eggs are a good source of all B-Vitamins.

Eggs contain several nutrients that promote heart health.

Eggs are a great source of quality protein with 6 grams per egg.

Tasty Uses for

Leftover Hard Boiled Eggs

- 1.) Cut and toss on your favorite salad.
- 2.) Peel and keep covered in your refrigerator for a quick and nutritious snack.
- 3.) Mix with plain unsweetened yogurt, curry powder, and diced onions for an easy egg salad.
- 4.) Use your favorite deviled eggs recipe using low fat mayonnaise or yogurt.
- 5.) Top a whole wheat English muffin with a slice of tomato, sliced eggs, and a sprinkle of low fat mozzarella cheese. Broil for about 5 minutes for an easy lunch.
- 6.) Chop and put in a whole wheat tortilla with salsa and avocado for an easy-on-the-go breakfast.



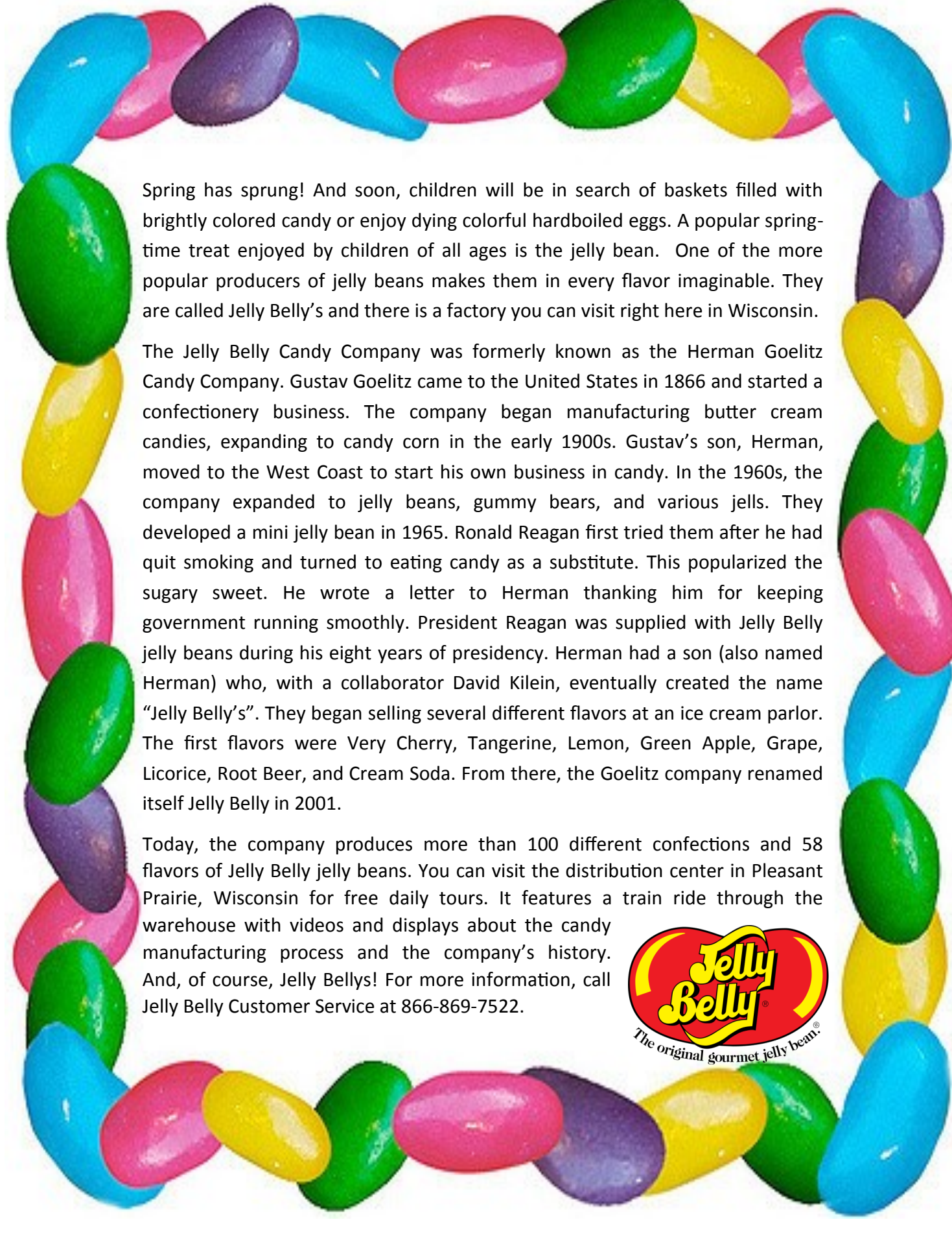
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www.waukeshacounty.gov/uwex



Spring has sprung! And soon, children will be in search of baskets filled with brightly colored candy or enjoy dying colorful hardboiled eggs. A popular spring-time treat enjoyed by children of all ages is the jelly bean. One of the more popular producers of jelly beans makes them in every flavor imaginable. They are called Jelly Belly's and there is a factory you can visit right here in Wisconsin.

The Jelly Belly Candy Company was formerly known as the Herman Goelitz Candy Company. Gustav Goelitz came to the United States in 1866 and started a confectionery business. The company began manufacturing butter cream candies, expanding to candy corn in the early 1900s. Gustav's son, Herman, moved to the West Coast to start his own business in candy. In the 1960s, the company expanded to jelly beans, gummy bears, and various jells. They developed a mini jelly bean in 1965. Ronald Reagan first tried them after he had quit smoking and turned to eating candy as a substitute. This popularized the sugary sweet. He wrote a letter to Herman thanking him for keeping government running smoothly. President Reagan was supplied with Jelly Belly jelly beans during his eight years of presidency. Herman had a son (also named Herman) who, with a collaborator David Kilein, eventually created the name "Jelly Belly's". They began selling several different flavors at an ice cream parlor. The first flavors were Very Cherry, Tangerine, Lemon, Green Apple, Grape, Licorice, Root Beer, and Cream Soda. From there, the Goelitz company renamed itself Jelly Belly in 2001.

Today, the company produces more than 100 different confections and 58 flavors of Jelly Belly jelly beans. You can visit the distribution center in Pleasant Prairie, Wisconsin for free daily tours. It features a train ride through the warehouse with videos and displays about the candy manufacturing process and the company's history. And, of course, Jelly Bellies! For more information, call Jelly Belly Customer Service at 866-869-7522.



Cryptogram

Decipher these spring-themed quotes by solving the code. Each letter in both puzzles is assigned a different number. Using these numbers given for the letters SPRING, try to solve the rest of puzzle!

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
						19		10					7		4		20	15							

10 6 18 16 5 9 12 7 14 18 10 7 23 16 20 23 5 16 15 4 20 10 7 19
18 14 26 24 12 7 14 23 22 16 15 14 4 24 16 9 15 9 7 23 ;

10 6 18 16 12 10 12 7 14 23 15 14 25 16 23 10 25 16 15 23 9 15 23 16
14 6 9 12 3 16 20 15 10 23 17 4 20 14 15 4 16 20 10 23 17 18 14 26 24 12



7 14 23 22 16 15 14 18 16 24 2 14 25 16

~Anne Bradstre



A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
						23		5					12		19		4	15							

19 18 17 19 3 18 2 15 8 11 18 14 21 2 20 5 1 17 5 12
14 5 12 20 18 4 14 21 18 12 20 21 18 4 18 15 12 17 6 2 15 18 6 2 3 3
5 3 3 20 18 3 3 10 17 24 14 21 2 20 5 1 17 5

15 20 2 4 18 17 24 20 20 21 18 14 5 12 1 17 14 2 12 1 14 2 5 20



26 17 4 15 19 4 5 12 23

~Rogers Hornsby

Hornsby

#2 "People ask me what I do in winter when there's no baseball. I'll tell you what I do. I stare out the window and wait for spring." ~Rogers

welcome." ~Anne Bradstre

#1 "If we had no winter, the spring would not be so pleasant; if we did not sometimes taste of adversity, prosperity would not be so

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